



HMLA-269 MARINE and **FAMILY READINESS PROGRAM**

ENDSTATE:

“HMLA-269 Marines, Sailors, and families are welcomed, informed, resilient, and ready for the challenges of military life.”

WELCOMED:

First and foremost, I want our Marines and Sailors, and Gunrunner families, to know that my wife and I look forward to serving with each of you and getting to know you, and our families. We welcome your energy and input, and hope to see you at our next squadron activity!

INFORMED:

Mrs. Abby Thompson is our Family Readiness Officer (FRO). She serves by ensuring our Marines, Sailors, and family members have knowledge of, and access to, all of the resources available through the Marine Corps, MCCS, and the community. Informed Marines, Sailors, and families also mean they are kept aware of squadron activities and its mission.



RESILIENT:

As Marines and Sailors, we know our loved ones sacrifice much to support our choice to serve our Nation. We cannot take this for granted. Our goal is to manage our lives and find a balance that allows us to excel in mission readiness while making time to enjoy ourselves and family along the way.

A resilient Marine, Sailor, and family are better able to manage daily stressors as well as the stress of our military service. Resilient service members and families are independent AND interdependent. Develop and nurture a support system comprised of the FRO, the chain of command, neighbors, other military families, and relatives.

READY:

A “ready” Gunrunner, or family, doesn’t necessarily have all the solutions, but they will know where to find them. Participation in squadron events, LINKS, Financial Management, MCCS, medical/dental health, and a multitude of other Marine Corps Marine and Family Programs will greatly contribute to a “ready Gunrunner” and a “ready family.”

THANK YOU for your support and your service to our Nation!



Lieutenant Colonel Mark E. Van Skike
Commanding Officer, Marine Light Attack Helicopter Squadron 269
“The First, and The Finest”